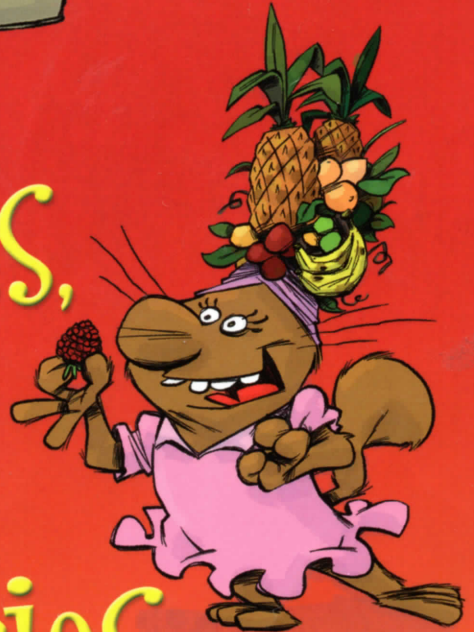


Food Is CATegorical™



Apples, Cherries, Red berries



B24682253J

Apples, cherries, red raspberries : what is in it
ColorMarq PT00041780SGP

the Fruits Group?

illustrated by Martin Goneau



to Sister Mary Jude, my first-grade teacher in Mission, Kansas

—B.P.C.

to my parents, as proof that the fruit did not fall far from the tree

—M.G.

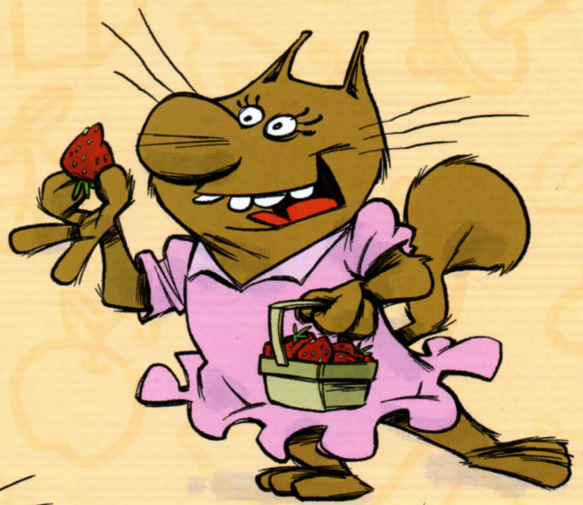


Some fruits are juicy,
while others are dried.

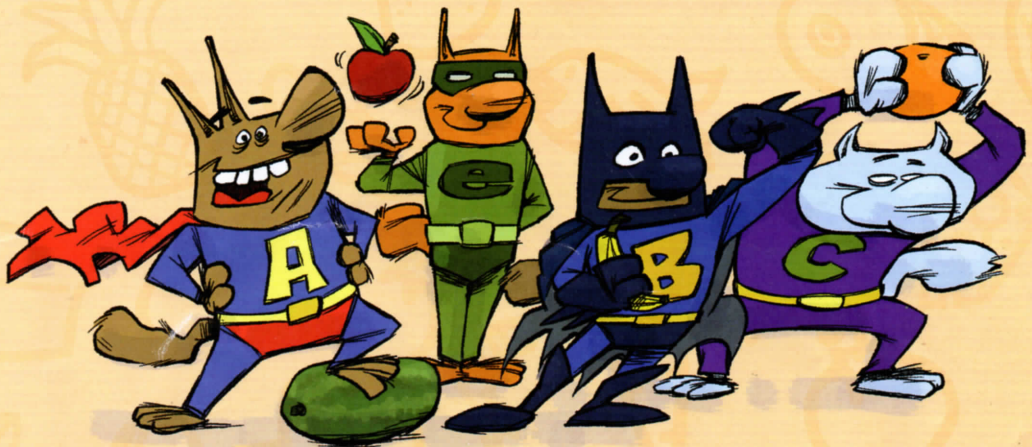


Some have a core
and some seeds deep inside.

Some fruits
are sweet,



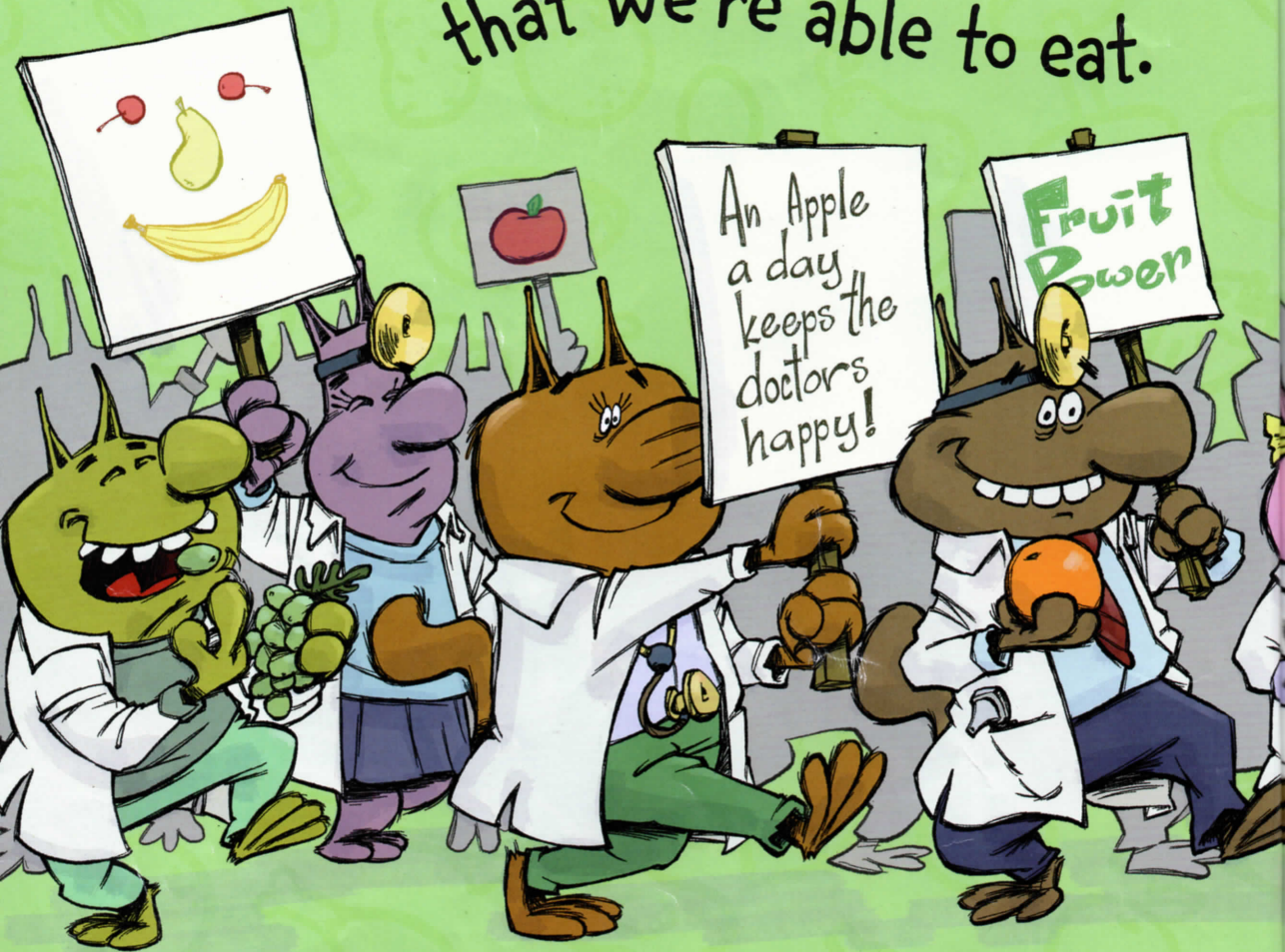
while others
are sour.



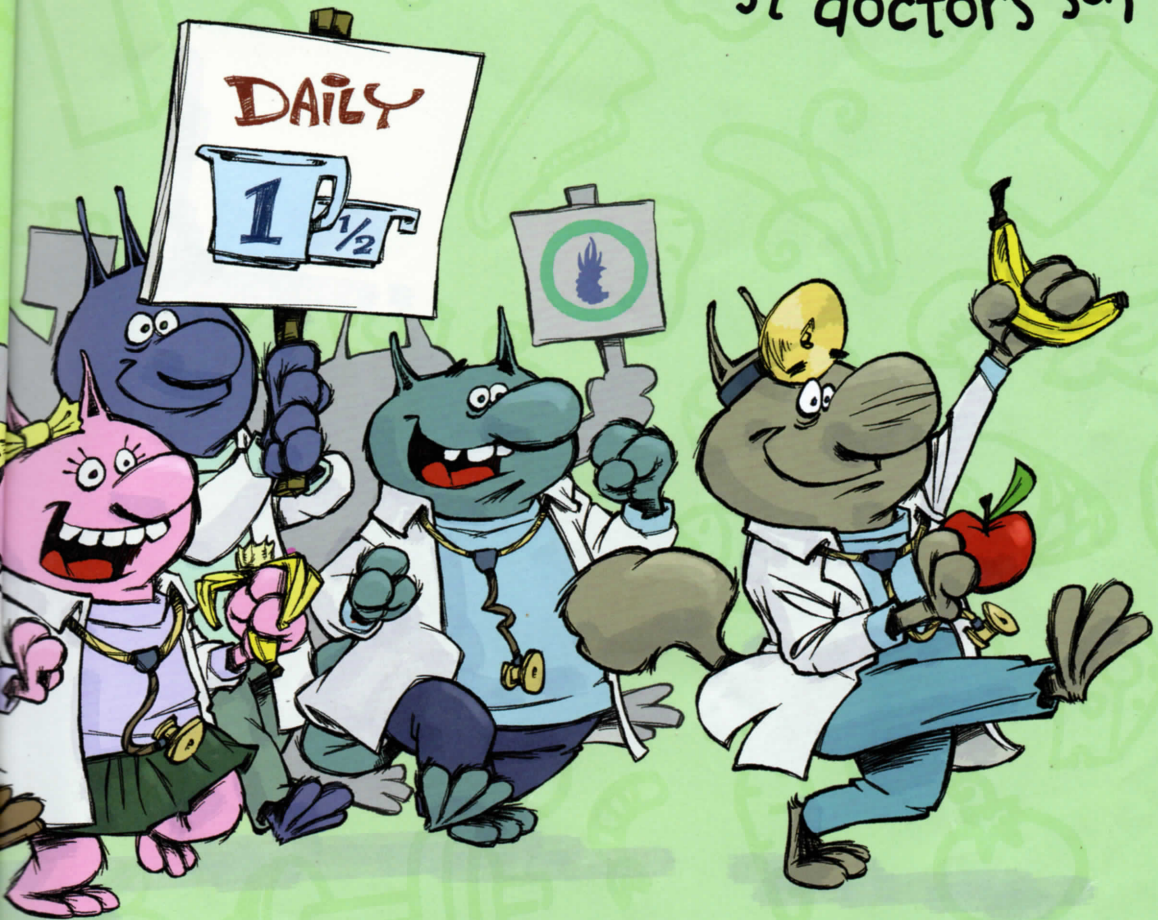
And they help keep us healthy
with vitamin power!

So what is a fruit?

It's the usually sweet,
fleshy part of a plant
that we're able to eat.



They often are tasty,
and most doctors say



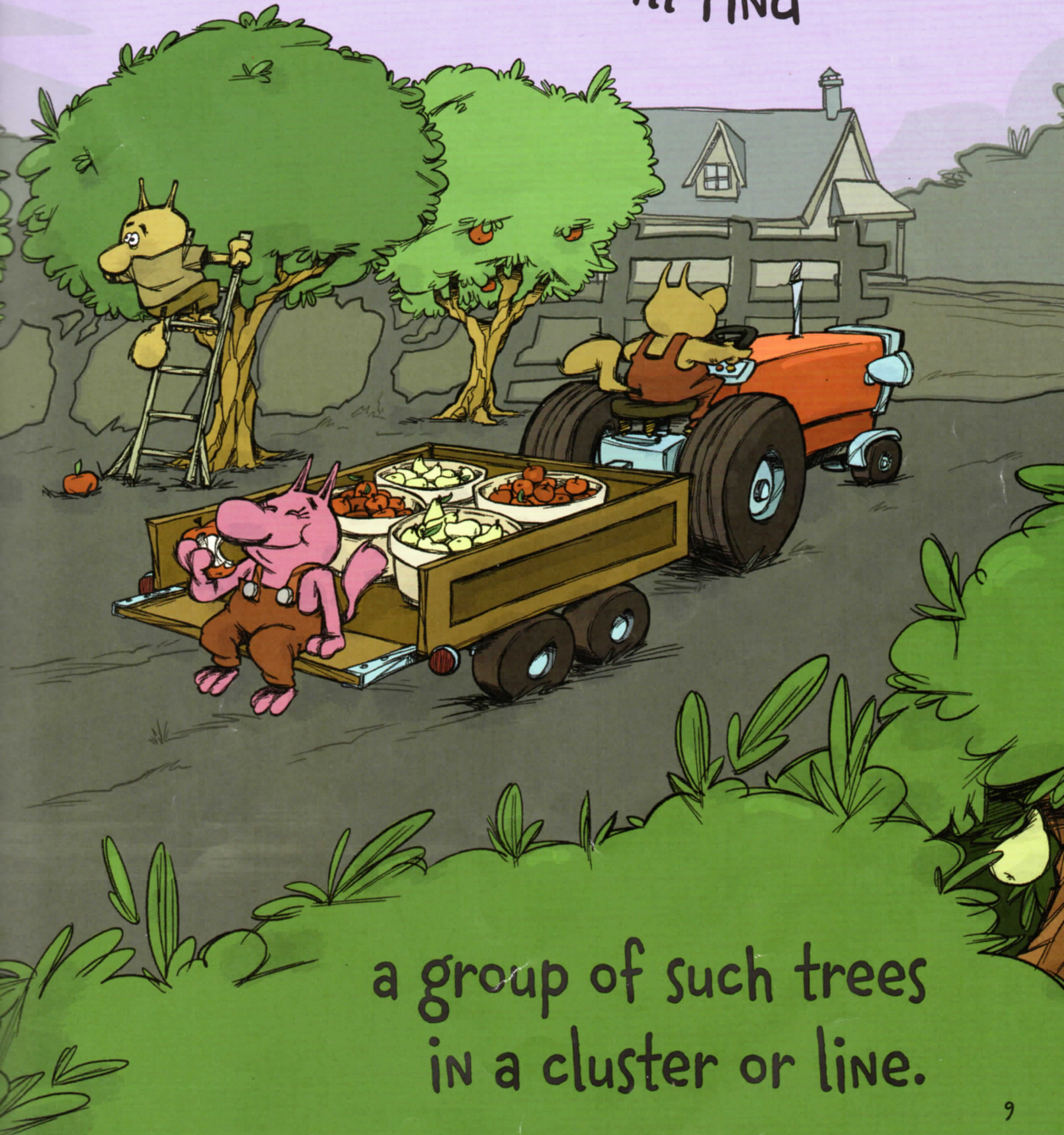
we should eat several times
from this food group each day.

Many, like **apples**
and **pears**,
grow on trees.



We often use ladders
to pick fruit from these.

A grove or an orchard
is where you will find



a group of such trees
in a cluster or line.



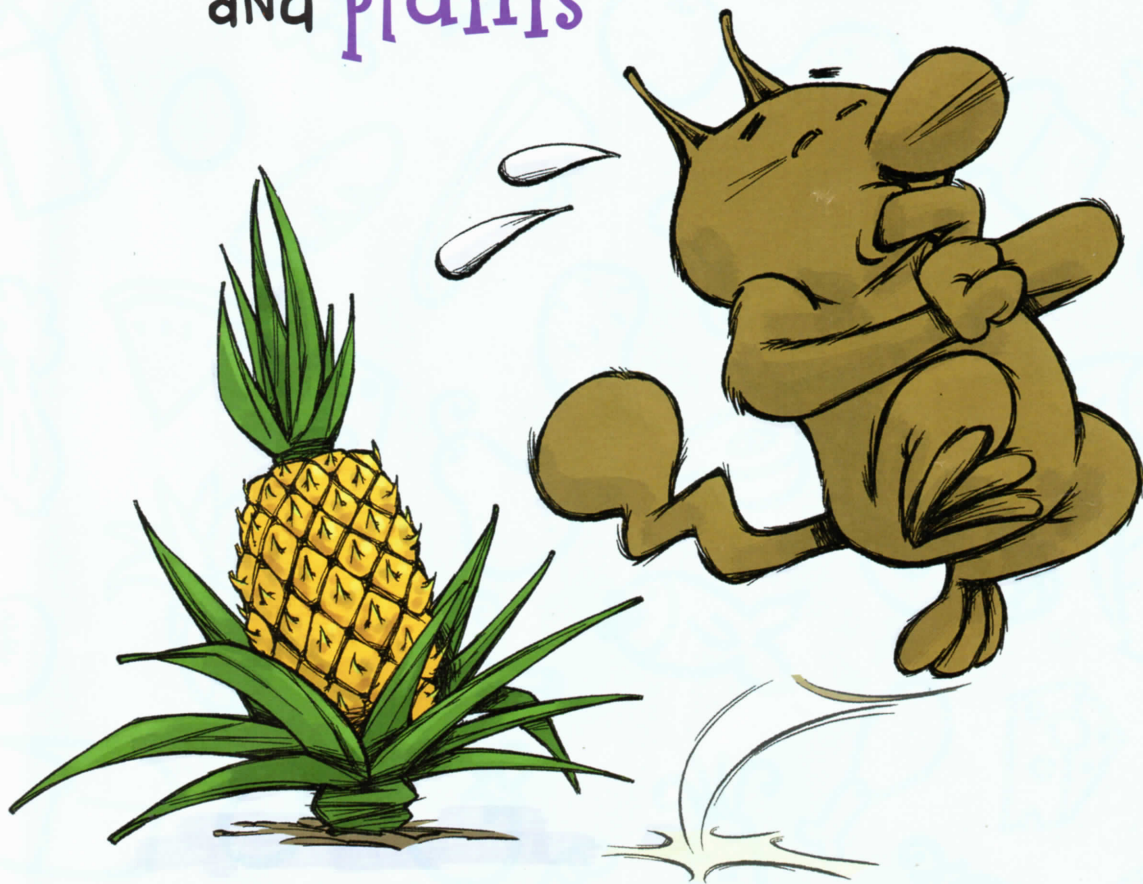
Tangerines,

oranges,

a grapefruit or cherry—

these are a few
of the fruits that trees carry.

While trees produce
plenty of **peaches**
and **plums**



they do not grow **pineapples**
prickling our thumbs!

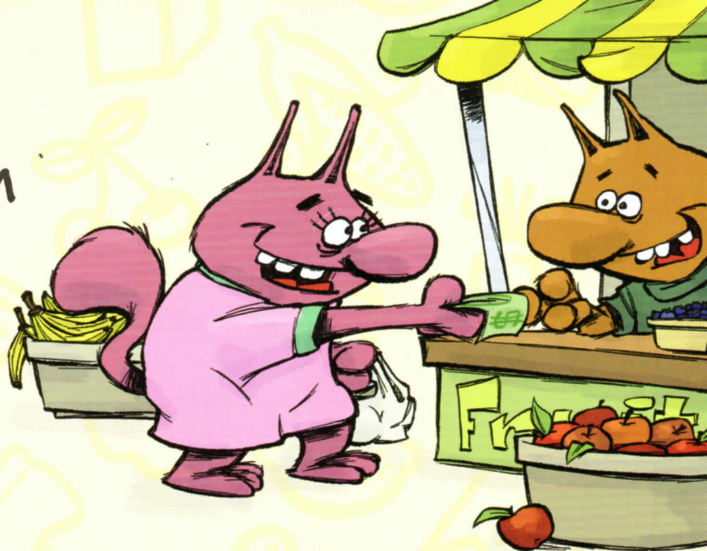
Unlike a fish,
there is no need to hook them.



You don't have to boil them, fry them,
or cook them.



Just pick them
or buy them,

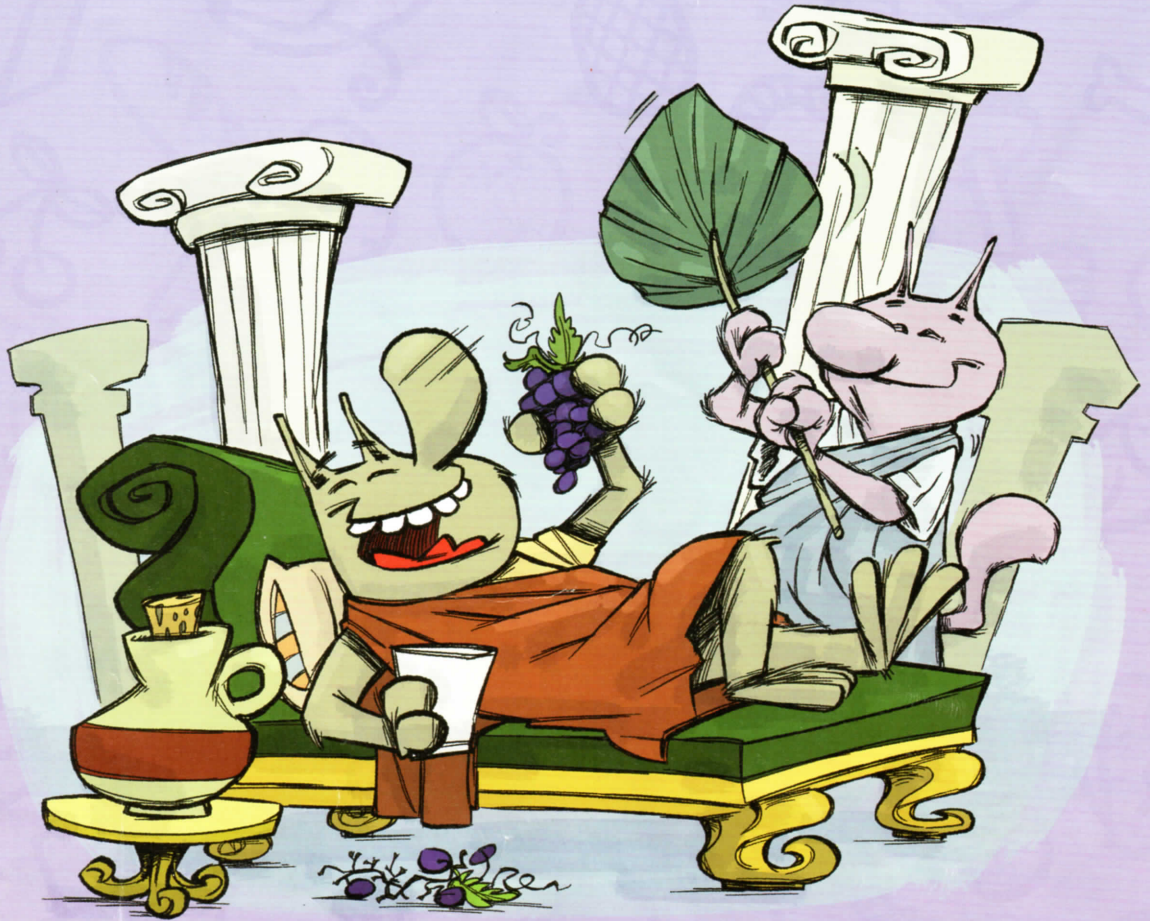


then wash them and
eat 'em.



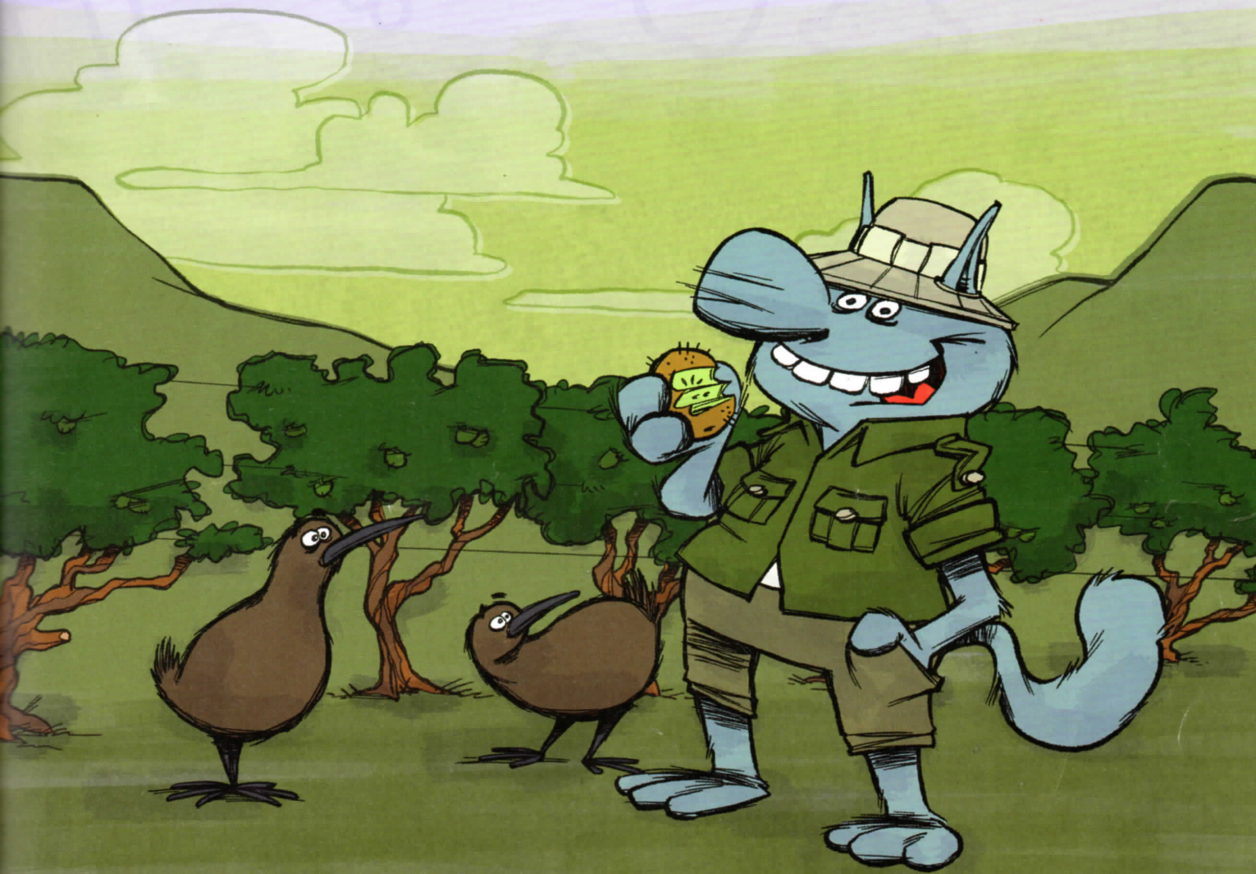
Unlike lots of veggies,
you don't have to heat 'em!

The **grape** is a fruit
that is grown on a vine,



which makes a sweet juice
that is simply divine.

The **kiwi**,
another vine fruit,
is quite yummy.

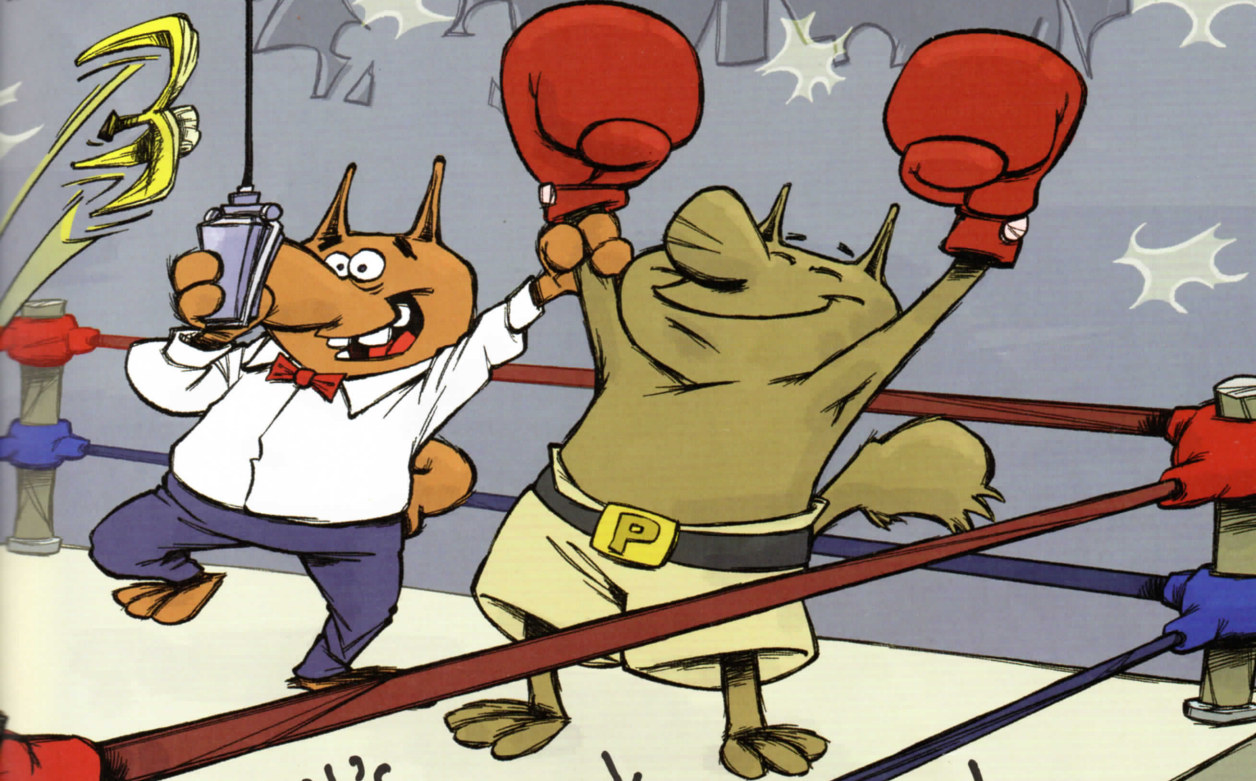


Those fuzzy brown gems
are a treat for your tummy.

Bananas are cool
'cause they're packaged in peels.
They're equally good
on desserts or with meals.



Whether on cereal
or with your lunch,



this fruit's
sure to pack
a potassium punch!

A fruit when it's squeezed
will quite often produce
a fresh and delicious
and succulent juice.



Some, like **orange**, **mango**,
and **grapefruit**, have pulp



and make you grow stronger
with each sip or gulp.

For fruit high in fiber,
you may want to try a

raspberry,



blackberry,

even papaya!



A plum or a prune
or some nice honeydew-



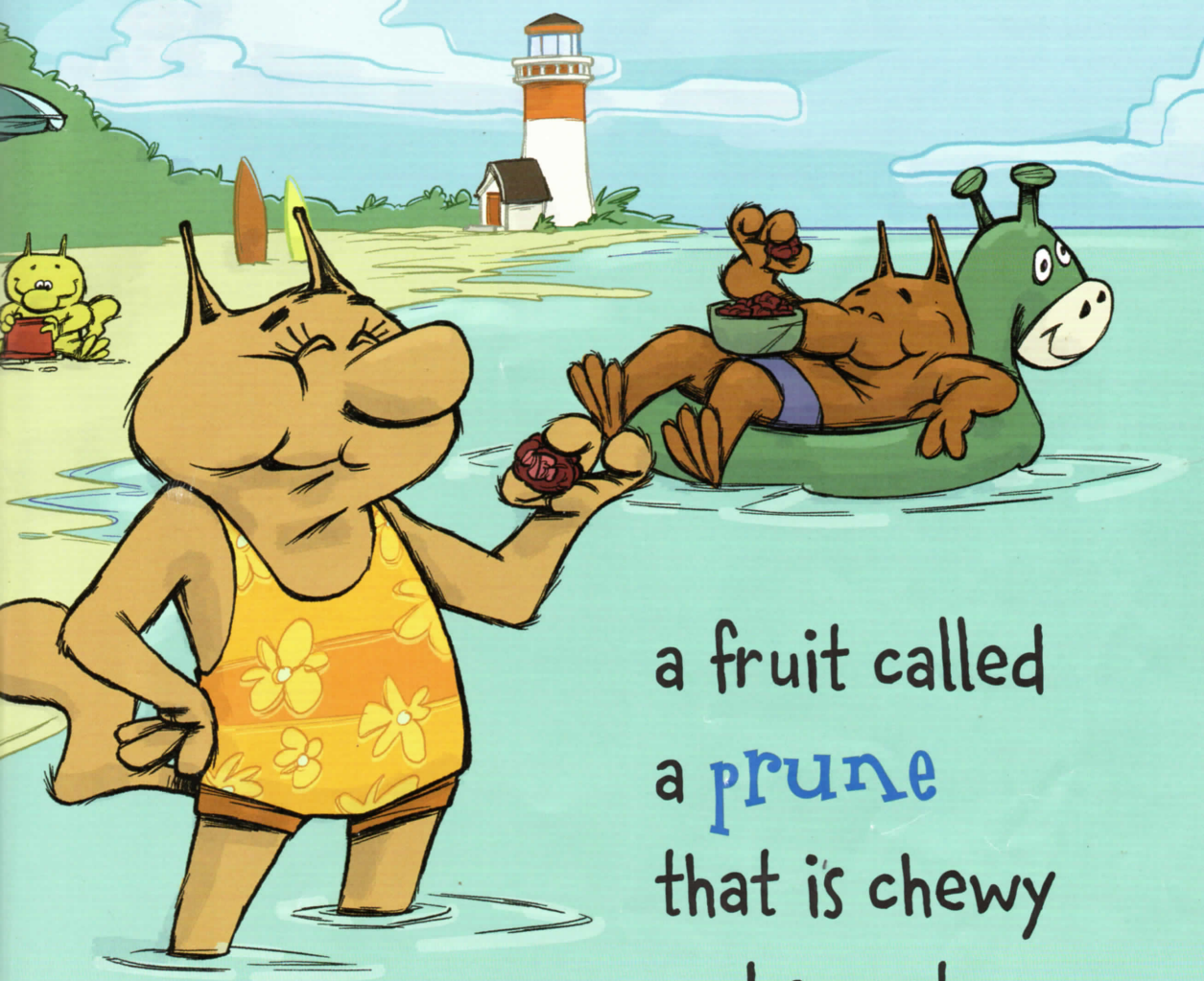
all these will help us
to go "number two."

A **grape** that's laid out
in the sun to be dried



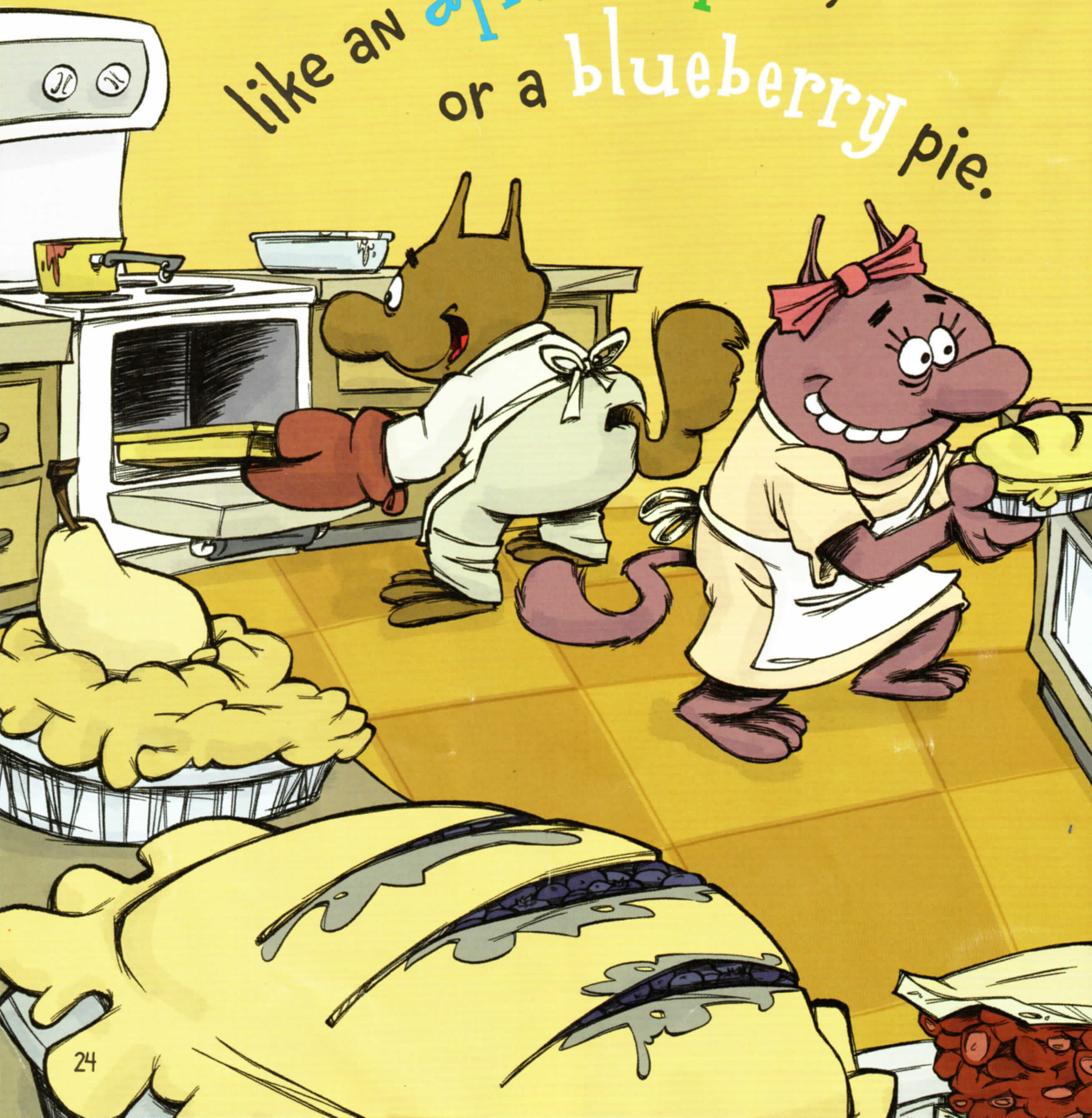
turns into a **raisin**—less juicy inside.

And **plums** that are dried
yield something that's neat:



a fruit called
a **prune**
that is chewy
and sweet.

Bakers use fruits
for desserts we can buy
like an apricot, pear,
or a blueberry pie.

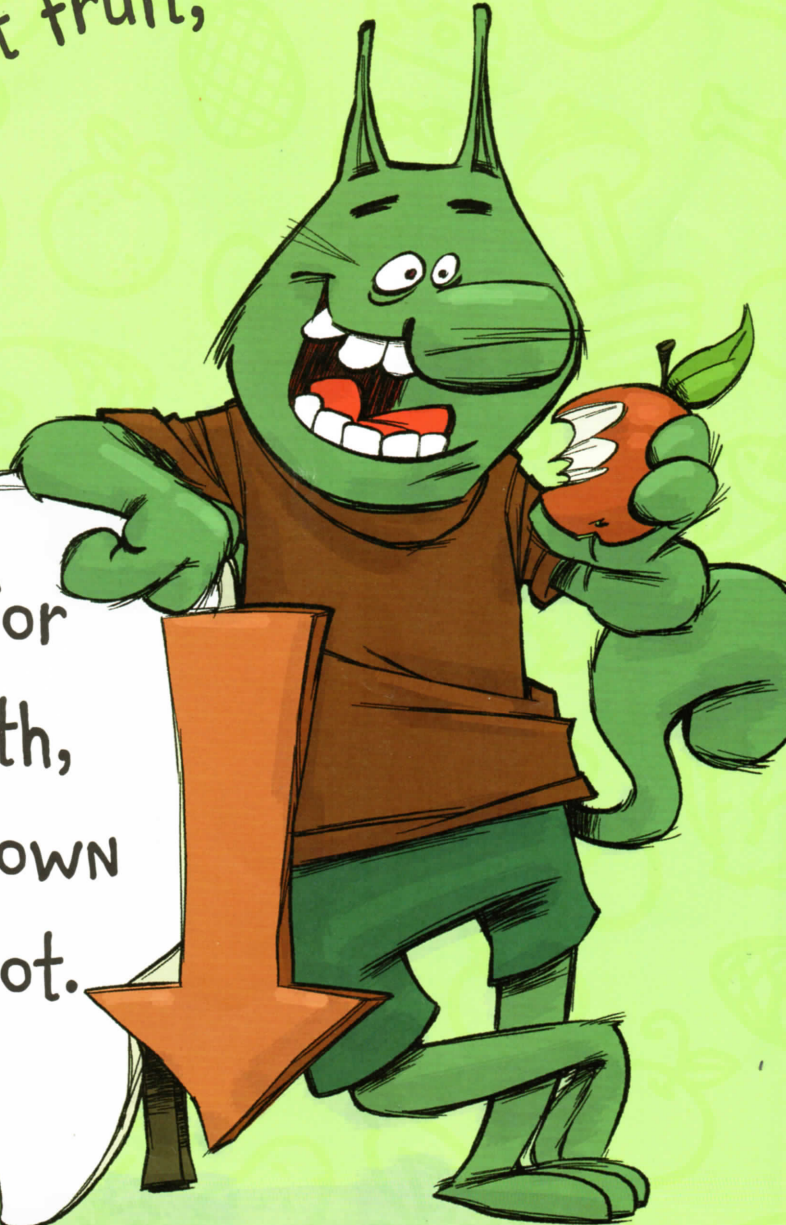


Apples for dumplings
and strudels with cherries,
peaches for cobblers
and tarts filled with berries.



Vitamin C, which is found
in most fruit,

is good for
your teeth,
right on down
to the root.

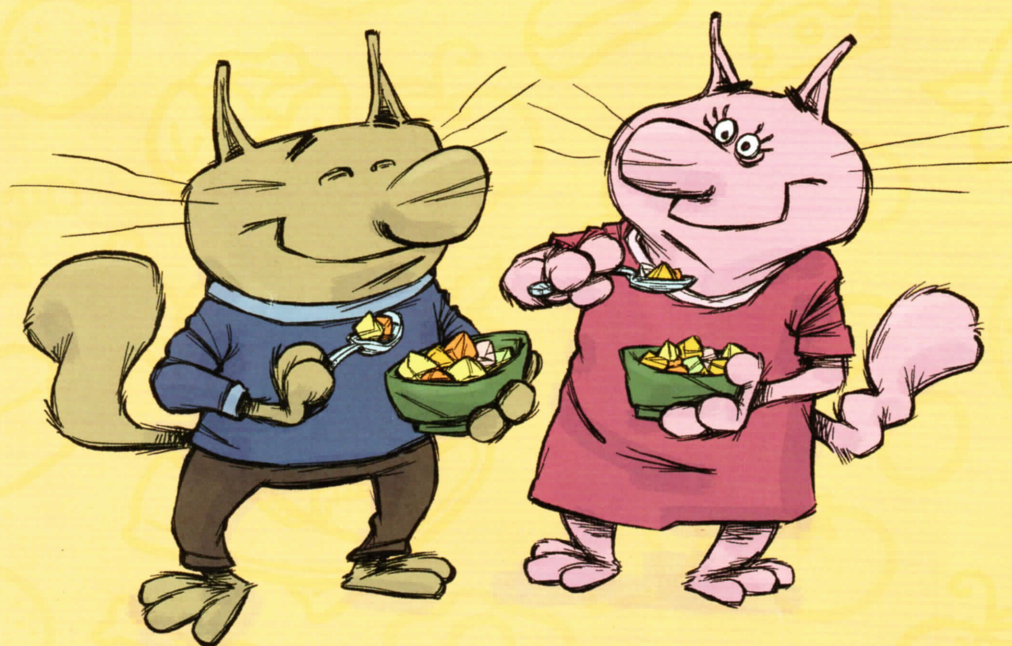


It keeps your gums healthy
and strengthens them too.



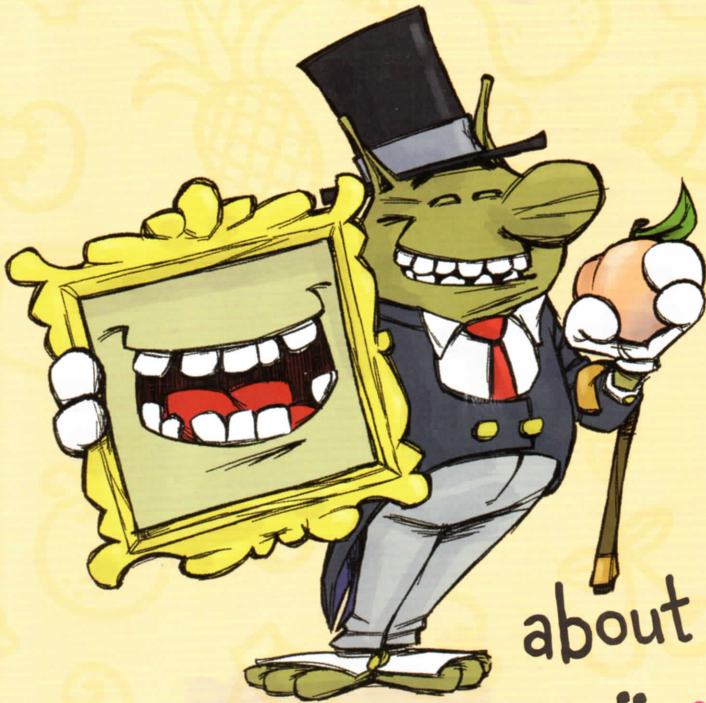
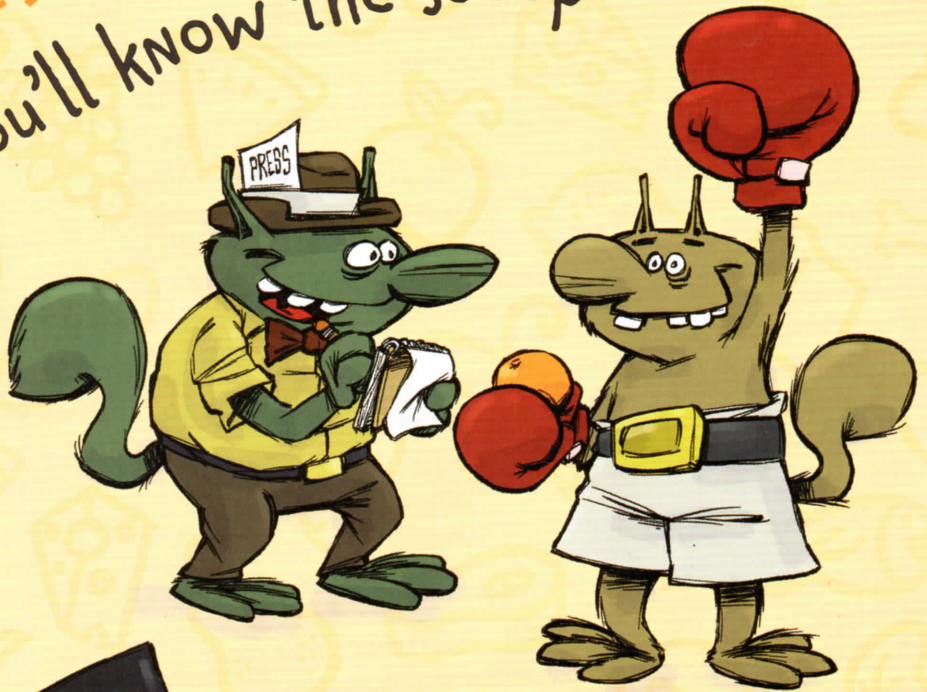
So have some more fruit,
and your mouth will thank you!

Next time
you're drinking
a smoothie
or shake



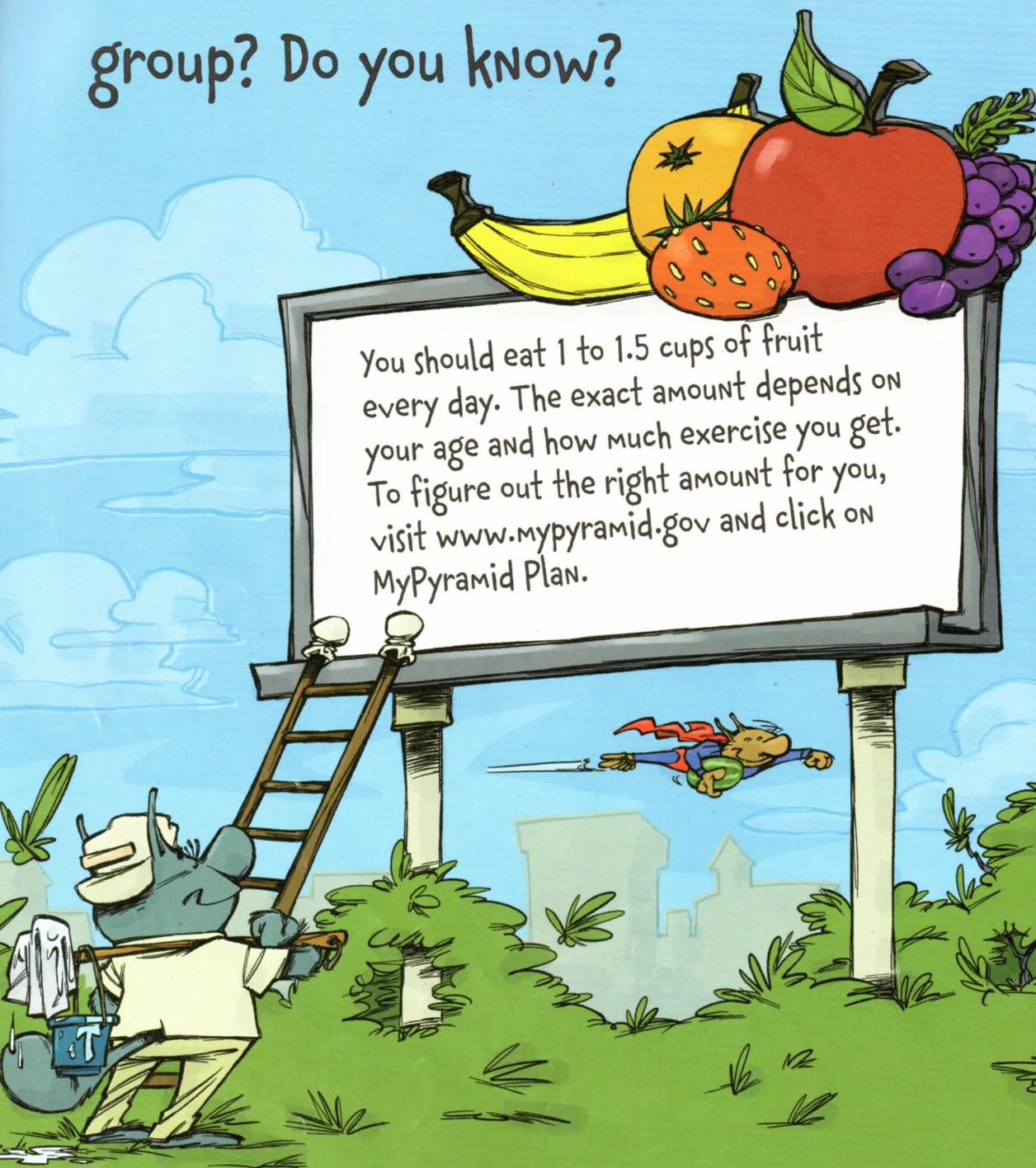
or peeling some fruit
for a salad you'll make,

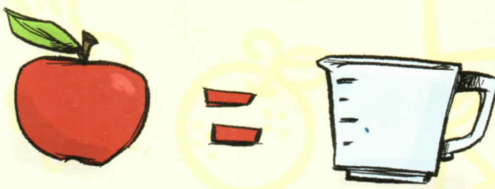
"orange" you happy that
you'll know the scoop



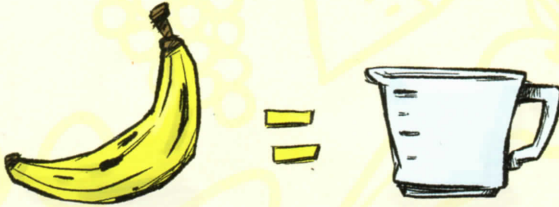
about this nutritiously
"peachy" food group?

So what is in the fruits group? Do you know?





1 small apple equals 1 cup



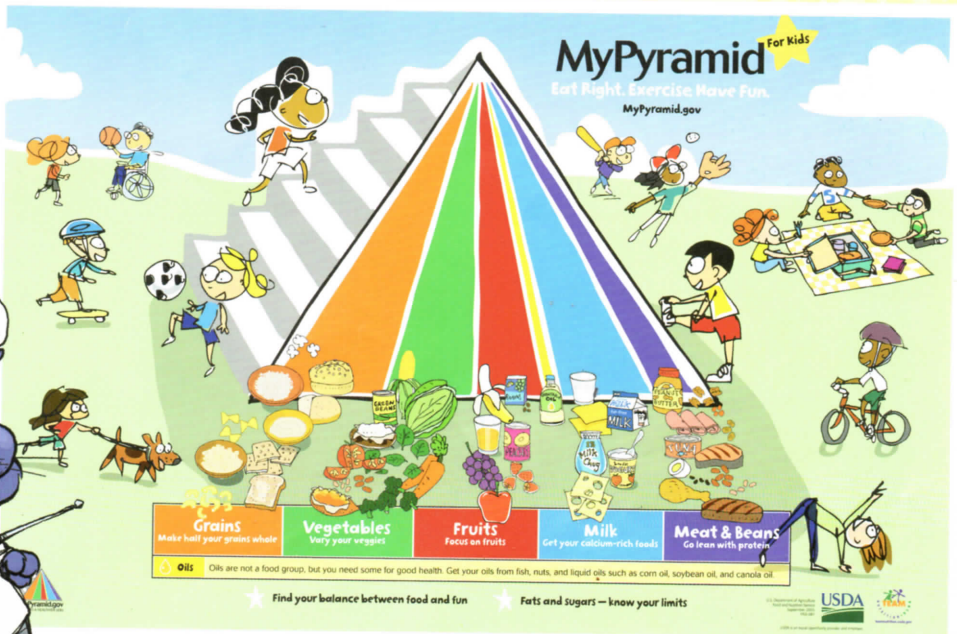
1 large banana equals 1 cup



8 large strawberries equals 1 cup



1 cup of 100% orange juice equals 1 cup





The Words Are CATegorical® cats are back, and they're hungry for knowledge . . . about the food pyramid!

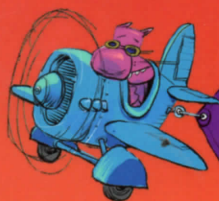
Brian P. Cleary provides a playful look at the food groups and physical activity. His zany rhymes and Martin Goneau's comical cartoon cats introduce key food concepts and give a wide range of examples. Learning about the food pyramid has never been so much fun!

Food Is CATegorical™ books

Apples, Cherries, Red Raspberries: What Is in the Fruits Group?
Black Beans and Lamb, Poached Eggs and Ham: What Is in the Meat and Beans Group?
Green Beans, Potatoes, and Even Tomatoes: What Is in the Vegetables Group?
Macaroni and Rice and Bread by the Slice: What Is in the Grains Group?
Oils (Just a Bit) to Keep Your Body Fit: What Are Oils?
Run and Hike, Play and Bike: What Is Physical Activity?
Yogurt and Cheeses and Ice Cream That Pleases: What Is in the Milk Group?

Also by Brian P. Cleary

Words Are CATegorical® series
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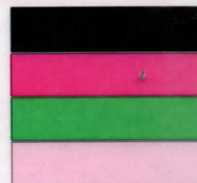
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J P